

## **Student Wellness**

### **Goals**

Based on review and consideration of evidence-based strategies and techniques, the Lexington City School Board has established the following goals to promote student wellness.

### **Nutrition Promotion and Education**

The Lexington City Schools' School Lunch and School Breakfast Programs will follow the U.S. Nutritional Standards and Dietary Guidelines for Americans. The Lexington City School Board recognizes that childhood obesity has reached epidemic levels throughout the country. Overweight children are at a higher risk for developing severe long-term health problems, and overweight children are affected by discrimination, psychological stress, and low self-esteem. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Research also indicates that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of some obesity and some cancers, diabetes and other chronic diseases.

Accepting that families are the primary teachers and caregivers for their children, and that the primary mission of schools is education, Lexington City Schools believe they must share with families and the community the responsibility for the physical, mental, and social well-being of its students. The present and future health, safety, and well-being of students are the concern of Lexington City Schools.

Children who eat well-balanced meals and are healthy are more likely to learn in the classroom. The board supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of our district's youth. Therefore, it is the policy of the Board to:

- A. Provide students access to nutritious food;
- B. Provide opportunities for physical activity and developmentally appropriate exercise;
- C. Provide accurate information related to these topics.

All instructional staff are encouraged to integrate positive health promotion themes into daily lessons when appropriate. The benefits of good health and physical activity should be emphasized. Nutrition and health education should be provided to parents in the form of handouts, postings on the District website, newsletters, or presentations that focus on healthy lifestyles. The district will develop and teach a health and physical education curriculum that meets Virginia SOL standards and is articulated K-8.

### **Physical Activity**

- A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's education program from grades K through 8. Physical activity should include regular instructional physical education, co-curricular activities, and recess.
- It is recommended that schools provide brief exercise breaks throughout the school day to enhance student focus and attention.
- Physical activity should not be used or withheld as a form of discipline.
- Teachers are encouraged to use movement in the classroom and manipulatives as teaching tools

### **Other School-Based Activities**

"Schools play a critical role in promoting student health, preventing childhood obesity, and combating problems associated with poor nutrition and physical inactivity" (USDA). In light of that, the Lexington City School Board encourages school staff, administration, Board members, City Council and parents to pursue a healthy lifestyle in order to improve their health status, morale, and reduce stress level. This may improve productivity, decrease absenteeism, and reduce health insurance costs.

### **Nutrition Standards and Guidelines**

The superintendent is responsible for creating

- A. regulations to develop and implement standards for all foods and beverages provided, but not sold, to students on the school campus during the school day; and
- B. standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that promote student health and reduce childhood obesity and are consistent with the applicable standards and requirements in 7 C.F.R. §§ 210.10, 210.11 and 220.8.

Marketing on the school campus during the school day is permitted only for those foods and beverages that meet the nutrition standards under 7 C.F.R. § 210.11, serve to promote student health, reduce and prevent childhood obesity, and combat problems associated with poor nutrition and physical inactivity.

National School Lunch Program/School Breakfast Program

- Meals must meet the USDA Nutritional Standards and the American Dietary Guidelines
- Meals will be planned to encourage the consumption of nutrient dense foods. i.e. whole grains, fresh fruits, and fresh vegetables.
- Foods should be served with consideration toward variety, appeal, taste and safety to ensure high quality meals.
- The district will use food commodities made available under the Federal Food Commodity Program (USDA) for school meals.
- All food and beverage shall meet federal, state and local guidelines for safety and sanitation.

Ala Carte

- Soft drinks cannot be sold to students anywhere on the school campus.
- Ala carte purchases are available during breakfast and lunch

Elementary Schools – H. Waddell Elementary School

- Vending machines will not be allowed in Lexington City Schools.
- Milk will be available for purchase to students who bring a packed lunch from home.

Secondary Schools – Lylburn Downing Middle School

- Healthy food and beverages, as determined below, may be sold during the school day from the Food Service Department.
- During the school day, individual food items can be no larger than...
  - 1.5 oz or less-snacks and sweets
  - 2 oz-cookies and cereal bars
  - 3 oz bakery items
  - 3 oz frozen desserts
- To give healthful items a competitive edge, pricing of products will be implemented.
- All food and beverages must meet general, state and local guidelines for safety and sanitation.
- Vending machines will not be in the building.

## **Implementation**

The School Board encourages parents, students, representatives of the school food authority, teachers of physical education, school health professionals, school administrators and the general public to participate in the development, implementation and periodic review and update of this policy by representation on the School Health Advisory Committee.

School principals are responsible for implementing and enforcing this policy. The implementation of the policy is measured by periodic review of the school nutrition program and physical education program in alignment with this policy.

The public is informed about the content and implementation of the policy by publication of this policy on the division website.

Implementation procedures include measuring and making available to the public, at least once every three years, an assessment of the implementation of the policy, including the extent to which schools are in compliance with the policy, the extent to which this policy compares to model school wellness policies and a description of the progress made in attaining the goals of the policy. The results of the triennial assessment are considered in updating the policy.

The process for monitoring compliance with this policy are annual reports by school principals provided to the the Superintendent at the conclusion of the school year.

The School Board retains the following records to document compliance with 7 C.F.R. § 210.31:

- the policy;
- documents demonstrating compliance with community involvement requirements, including requirements to make the policy and triennial assessments available to the public; and
- documentation of the triennial assessment of the policy.

Approved: June 12, 2006  
Revised: December 2012  
February 2013  
May 2019

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Legal Refs: 42 U.S.C. § 1758b.

7 C.F.R. 210.31.

Code of Virginia, 1950, as amended, § 22.1-207.4.

8 VAC 20-740-30.

8 VAC 20-740-40.

Cross Refs:	EFB	Food Services
	IGAE/IGAF	Health Education/Physical Education
	JL	Fund Raising and Solicitation
	KQ	Commercial, Promotional and Corporate
		Sponsorships and Partnerships